



Crystal Springs Cross Country Course Clean Up Day

We are calling on members of the cross country community to assist in cleaning up the Crystal Springs Cross Country Course on August 12. Many hands make light(er) work!

- The workday will last from 8:00-1:00 (we may be done earlier, depending on the number of volunteers)
- Each Volunteer ***MUST*** fill out a release of liability form prior to working (see below). Volunteers under 18 must have a parent/guardian signature. Forms may be brought to the work day or emailed to jmarheineke@serrahs.com prior to arrival.
- Volunteers need to be prepared for the working conditions, so bring hats, sunscreen, bug repellent, work gloves. Because of the need to clear some weeds/brush/poison oak, and working on various parts of the course, please dress responsibly.
- Hand tools will be needed, so if volunteers can supply their own, it will be helpful
 - Tools suggested: shovels, picks, rakes, hand pruners, loppers, hula hoes, and string trimmers
 - Because fire is of grave concern, only hand tools and string trimmers may be used during the event
- Water and lunch will be provided, but if volunteers have specific dietary needs, it would be best if they made their own preparations
- The total number of volunteers each day needs to be limited, so a confirmation email will be sent out 24 hours prior to the work days. While we appreciate the support for the course, we need to limit the number of volunteers for a variety of reasons. Please be respectful of the work list and unless it is announced differently, ***NO DAY-OF VOLUNTEERS*** should come to the course expecting to work.

[LINK FOR VOLUNTEER SIGN UP](#)

[LINK FOR RELEASE OF LIABILITY](#)